



DEPARTMENT OF STATE POLICE

Medical Certification

Name: _____

Candidate No.: _____

The above-named individual is a candidate for appointment to the position of Massachusetts State Police Trainee. Part of the selection process is an assessment of the candidate's physical fitness. As it is not this department's desire to cause any personal harm to the candidate or, to assume any liability for any such harm, the Massachusetts Department of State Police requests your assistance in determining this candidate's ability to safely complete all phases of the physical fitness screening. A brief description of the physical fitness screening is provided below. A more comprehensive description of the screening and the passing test scores associated with each of the components may be found at www.mass.gov/msp (link to 81st RTT then to "Physical Fitness"). As the candidate's attending physician your acknowledgement that the candidate is sufficiently fit to safely complete the physical fitness screening is required.

TWO JOB RELATED SIMULATIONS

- **PURSUIT/RESTRAINT SIMULATION:** The pursuit/restraint simulation is designed to represent chasing and subduing a suspect and contains a series of tasks that lead up to and include a simulated restraint of a suspect. Tasks performed in the simulation include essential physical tasks performed by incumbent troopers. Examples of these tasks are exiting a vehicle, running on flat areas and stairs, evading obstacles (e.g., branches), bending/stooping, negotiating barriers (e.g., guardrail), and restraining (e.g., handcuff, hold) resistive individuals. This simulation is conducted indoors at a conventionally sized gymnasium
- **RESCUE SIMULATION:** The rescue simulation is designed to represent exiting a vehicle, moving quickly to an accident scene, and rescuing/removing a passive/unconscious person. Tasks performed in the simulation include essential physical tasks performed by incumbent troopers. Examples of these tasks are exiting a vehicle, running on flat areas and stairs, negotiating median barrier, and dragging victim to safety. This simulation is conducted indoors at a conventionally sized gymnasium.

1.5 MILE RUN

- A timed 1.5 mile run on a flat outdoor asphalt surface.

To be completed by Candidate's Physician or Nurse Practitioner

Can this candidate safely perform all phases of the above physical fitness screening?

Yes _____

No _____

PHYSICIAN SIGNATURE

DATE